



Summer Pudding with Rum Whipped Cream

 Vegetarian

READY IN



503 min.

SERVINGS



8

CALORIES



452 kcal

DESSERT

Ingredients

- ☐ 2 half-pints blueberries fresh
- ☐ 1 tablespoon rum dark
- ☐ 1 pounds egg bread
- ☐ 2 tablespoons framboise raspberry brandy
- ☐ 1 cup heavy cream cold
- ☐ 3 half-pints raspberries fresh divided
- ☐ 1 pint strawberries fresh hulled sliced
- ☐ 1.5 cups sugar

- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

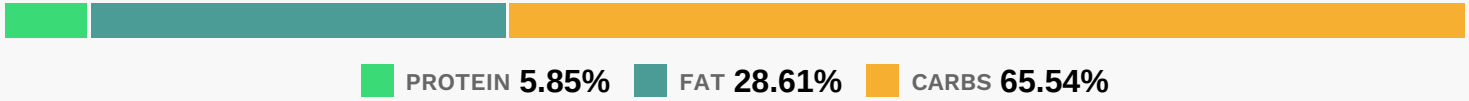
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine the strawberries, sugar, and 1/4 cup of water in a large saucepan and cook uncovered over medium-low heat for 5 minutes.
- ☐ Add 2 cups of the raspberries and all the blueberries and cook, stirring occasionally, until the mixture reaches a simmer, and simmer for a minute. Off the heat, stir in the remaining raspberries and the framboise.
- ☐ Slice the bread in 1/2-inch-thick slices and remove the crusts. In the bottom of a 7 1/2-inch round by 3-inch high souffle or baking dish, ladle about 1/2 cup of the cooked berry mixture. Arrange slices of bread in a pattern (this will become the top when it's unmolded) and then add more berry mixture to saturate. Continue adding bread, cutting it to fit the mold, and berries. Finish with bread and cooked berries, using all of the fruit and syrup.
- ☐ Place a sheet of plastic wrap loosely over the pudding. Find a plate approximately the same diameter as the inside of the mold and place it on top. Weight the mold with a heavy can and refrigerate.
- ☐ Remove the weight after 6 to 8 hours. Cover the pudding with plastic wrap and refrigerate overnight.
- ☐ Just before serving, run a knife around the outside of the pudding and unmold it upside down onto a serving plate.
- ☐ Serve in wedges with rum whipped cream.

- ☐
- Whip the cream in the bowl of an electric mixer fitted with the whisk attachment. When it starts to thicken, add the sugar, vanilla, and rum. Continue to whip until it forms stiff peaks.
- ☐
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:32.65, Glycemic Load:30.73, Inflammation Score:-6, Nutrition Score:11.381304295167%

Flavonoids

Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg Pelargonidin: 14.73mg, Pelargonidin: 14.73mg, Pelargonidin: 14.73mg, Pelargonidin: 14.73mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 452.15kcal (22.61%), Fat: 14.52g (22.34%), Saturated Fat: 7.78g (48.63%), Carbohydrates: 74.86g (24.95%), Net Carbohydrates: 72.12g (26.23%), Sugar: 46.93g (52.14%), Cholesterol: 62.67mg (20.89%), Sodium: 224.81mg (9.77%), Alcohol: 0.71g (100%), Alcohol %: 0.47% (100%), Protein: 6.69g (13.37%), Vitamin C: 35.96mg (43.59%), Manganese: 0.54mg (27.03%), Selenium: 18.47µg (26.38%), Vitamin B2: 0.33mg (19.22%), Folate: 75.73µg (18.93%), Vitamin B1: 0.27mg (18%), Vitamin B3: 3.02mg (15.11%), Iron: 2.04mg (11.36%), Vitamin A: 566.78IU (11.34%), Fiber: 2.74g (10.94%), Phosphorus: 93.11mg (9.31%), Calcium: 83.62mg (8.36%), Copper: 0.13mg (6.53%), Potassium: 191.54mg (5.47%), Magnesium: 21.44mg (5.36%), Vitamin D: 0.7µg (4.69%), Vitamin E: 0.63mg (4.18%), Zinc: 0.62mg (4.17%), Vitamin B6: 0.08mg (3.85%), Vitamin B5: 0.32mg (3.23%), Vitamin K: 3.12µg (2.97%), Vitamin B12: 0.1µg (1.75%)